



Salem Senior Citizens October 11, 2016 Monthly Meeting

Annual Flu Shot Clinic for Salem Seniors

Tuesday October 11, 2016

10am to 11am at Salem Volunteer Fire Co
424 Hartford Rd. Bring insurance or Medicare card.



Amnesty Days/Salem Transfer Station October 8, 9, 12 – 2016

Reminder: November Senior's meeting will be held Tuesday November 1, 2016 10:30am
@ Salem School Library followed by Thanksgiving Luncheon provided by Salem School.

Election Day is Tuesday November 8, 2016



Please look through the following information provided for us by
State Department on Aging:



**"Combatting Senior Malnutrition", article by Holly Kellner Greuling RDN,
National Nutritionist for the Administration on Aging**

"...Senior Malnutrition in our country is an epidemic hiding in plain sight. It is estimated that almost 50 percent of older Americans are malnourished. During [Malnutrition Awareness](#) week let's commit to ending this problem.

Many inter-related factors can contribute to malnutrition. Some elderly people may live in a [food desert](#) (SEE INFO BELOW) and may not be able to buy nutrient-dense food. Some may not have the stamina to cook a meal or may not want to cook because they are feeling down. Others may not eat because they do not feel well enough to eat.

Many people are surprised to hear that malnutrition in our country is usually not due to a lack of funds to purchase food. But if you know someone who struggles to eat well for financial reasons, help is available. The USDA's Supplemental Nutrition Assistance Program (SNAP) can help people determine whether they qualify.

Malnutrition is defined as a nutrition imbalance that affects both overweight and underweight individuals and it sneaks up on people. Because malnutrition generally occurs over time, you cannot suspect malnutrition from just looking at someone. That is why malnutrition *hides in plain sight*.

Fortunately, there are changes that you can watch for that serve as clues:

- Unintentional weight loss of 5 percent of body weight or more per month, even if overweight
- Normally worn clothes looking loose or baggy
- Eating less at meal time
- Failing strength, wobbly walking or weakened hand grip
- Changes in denture fit, or dentures that appear to be floating in the mouth

Malnutrition greatly affects one's abilities to remain healthy, especially when faced with a serious health situation. In fact, approximately 30 percent of older people admitted to the hospital arrive malnourished and being malnourished while in the hospital will generally increase the length of stay..."

For the complete article go to: http://www.acl.gov/NewsRoom/blog/2016/2016_09_28.aspx

****The Food Access Research Atlas is a mapping tool that allows users to investigate multiple indicators of food access, expanding upon what was previously known as the Food Desert Locator. A major feature of the new Atlas is that it allows users to view several additional measures of food access, as well as other important indicators of supermarket access. The Atlas also provides updated census-tract estimates of areas with food access limitations using more recent data and improved methods, and offers contextual information for all census tracts in the United States.**

In the new tool, updated estimates of food-desert census tracts—low-income census tracts where a substantial number or share of people are far from supermarkets—can be viewed and mapped. New additional measures of low-income and low-access census tracts are also estimated and mapped. Two of these new measures use alternative distance markers for assessing how far residents of the census tract are from the nearest supermarket. A third measure directly considers household vehicle availability, since access to a vehicle is an important factor for food access. In addition to these measures of low-income and low-access census tracts, contextual information, such as the share of people living in group quarters in the census tract and whether the tract is a low-income tract, can also be mapped. Each of these indicators is available for all census tracts in the United States, including tracts in Alaska and Hawaii.

For more information on Food Access in the United States and a map of **FOOD ACCESS** go to: <http://www.ers.usda.gov/data-products/food-access-research-atlas.aspx> and

<http://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas.aspx>

Medicare.gov

The Official U.S. Government Site for Medicare

Medicare Open Enrollment coming October 15 – December 7th! Be ready with some of the core tools below!
Your Medicare Coverage choices and lots of other information:

<https://www.medicare.gov/sign-up-change-plans/decide-how-to-get-medicare/your-medicare-coverage-choices.html>

General, factual info about Open Enrollment:

<https://www.cms.gov/Outreach-and-Education/Reach-Out/Find-tools-to-help-you-help-others/Medicare-Open-Enrollment.html>

Need help understanding a Medicare acronym? Type it in here in the Medicare (CMS) website and it will answer you!

<https://www.cms.gov/apps/glossary/>

Medicare Topics- click on the topic you want to know more about!

<https://www.cms.gov/Medicare/Medicare.html>

VETERANS Benefits Check Up Day for Veterans and Their Family Caregivers



Hosting another....

BenefitsCheckUp Day

for Veterans & Their Family Caregivers

Wednesday, November 2nd

9am-12:30pm

American Legion Hall

58 Bernie O'Rourke Drive, Middletown, CT

Supported in part by...



Social workers and volunteers will be available to provide **FREE** benefits screenings and **CHOICES** counseling relative to Medicare, Medicaid (Title 19), Medicare Savings Programs, Food Stamps, Home Care...and much more.

For more info contact us at 860-347-5661 or eric@stlukeshome.org

163 College Street, Middletown, CT 06457 Phone: 860-347-5661 Fax: 860-347-9187
St. Luke's Home Inc. is a 501c3 Charitable Organization



1. Register today for a FREE seminar for Family Caregivers! Tuesdays 1:30-4:30, New Haven. See more below!

Powerful Tools for Caregivers is a self-care education program for family caregivers, designed to provide you with tools and strategies to better handle the unique caregiving challenges you face.

The six-week program has been shown to improve:

- Self-Care Behaviors
- Management of Emotions
- Confidence in coping with caregiving demands
- Use of Community Resources

Register now for this
FREE six-week workshop:
Tuesdays 1:30-4:00 PM
October 4, 11, 18, 25, November 1, 8

[Click Here to Register Online](#)

Or contact :

Jan Simmons (203) 785-8533 x 3164

Email: jsimmons@aoascc.org

Powerful Tools for Caregivers information: <https://www.powerfultoolsforcaregivers.org/>

This workshop will be held at the offices of the Agency on Aging of South Central Connecticut located at 1 Long Wharf Drive, New Haven, CT.